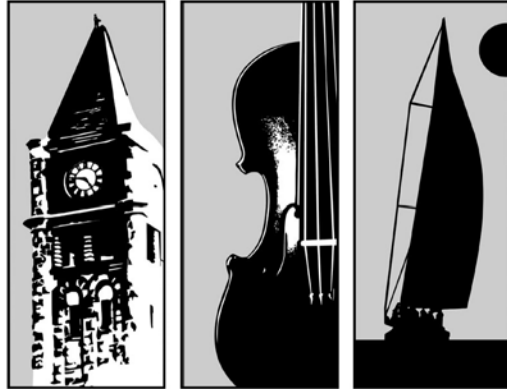


# SENIOR SERVICES BROCHURE

## MUSKEGON



**West Michigan's Shoreline City**

[www.shorelinecity.com](http://www.shorelinecity.com)

A REFERENCE GUIDE OF SERVICES THAT ARE AVAILABLE TO  
MUSKEGON'S SENIOR CITIZENS

August 2003

## **TRANSPORTATION**

Many programs are available to seniors to assist with transportation needs, to the store, or doctor visits. For more information contact:

- ✓ Senior Resources at **739-5858**
- ✓ Muskegon Area Transit System Go-Bus (door to door) at **724-6420**
- ✓ City of Muskegon Senior Citizen Transit (\$1 per ride) at **724-4150**
- ✓ Muskegon-Oceana Chapter American Red Cross at **726-3555**

## **ACTIVITIES**

### **City Centres**

City Centres is a new program for Seniors (60+). The Centres' are committed to providing special opportunities for older adults, so they can enhance all areas of their lives. They offer activities such as Tai Chi, Gardening, Yoga, and Crafts. The centres are run by Nutritional Services with support from City of Muskegon, Reeths-Puffer Community Education and Senior Resources. City Centre has 4 locations: For more information you can call the main office at

**755-0434**

- ✓ City Centre on Apple (meets @Fellowship Reformed Church) 4220 Apple Ave.  
**788-4783**
- ✓ City Centre @ the Park (meets @McGraft Community Center) 2204 Wickham Rd.  
**755-8453**
- ✓ City Centre Northside (meets @the Johnson Hall Northside Senior Center) 1509 Holton Rd. **744-8613**
- ✓ City Centre in the Village (meets in the Fruitport Auditorium) 6571 Airline Rd.  
**865-6860**

## **VOLUNTEER PROGRAMS**

### **Retired and Senior Volunteer Program (RSVP)**

A program that offers senior citizens a meaningful life in retirement through volunteer service that is responsive to community needs. RSVP is for people age 55 and older to serve on a regular basis in a variety of settings throughout their community. Senior volunteers are without compensation, but may be reimbursed for expenses such as transportation and meals. For more information, contact Volunteer Muskegon at **722-6600**.

**Senior Community Service Employment Program (SCSEP)**

SCSEP promotes part-time public service and private-sector employment opportunities for seniors. It also assists them in receiving the experience and training that may be required for employment. For more information, contact Senior Resources at **739-5858** or Operation ABLE through the Older Worker Hotline at **(800) 922-4473**.

**Senior Hired Hands**

This program was created to match people who need work with people in need of chore service. Services include, but not limited to companions, in-home workers, lawn care, handy man for small repairs, and leaf and snow removal. For more information or registration please contact Senior Resources at **739-5858**.

**Energy Assistance**

Energy assistance is provided to low-income senior citizens through various means, both federally and state funded. The State Emergency Relief Program helps low-income households with emergency heating assistance as well as other non-heating energy needs that cause a threat to life or health. For more information contact the Family Independence Agency at **733-3700**.

**Federal Tax Assistance**

The Internal Revenue Services (IRS) Hotline provides assistance with federal taxes, for information call **(800) 829-1040**.

**State Tax Assistance**

The State income Tax Refunds Information Line provides general information through an automated telephone system and can be reached at **(800) 827-4000**.

**MISCELANIOUS****Eldercare Locator**

Nationwide program that can link older adults with services in their community, such as local Meals on Wheels program or legal assistance agency. Contact them at **(800) 677-1116** for more information.

**AARP Legislative Information Line**

The AARP Legislative Information Line provides updates on federal and state legislation. Contact the information line at **(800) 826-8683**.

**Senior Flash Information: National Committee to Preserve Social Security and Medicare**

The Senior Flash Information Line provides callers with legislative updates pertaining to Medicare and Social Security. Contact the information line at **(800) 998-0180**.

**Pension Rights Hotline**

The Pension Rights Hotline allows Michigan residents to speak with attorneys and volunteer law students about pension issues. The hotline provides basic information and advice about pension rights, rules, and regulations. The hotline can give referrals for additional services regarding pension problems. These services are free and available without age or income restrictions. For more information contact them at **(800) 347-5297**.

- ✓ Seniors 65 years and older are eligible for free State ID cards.
- ✓ Seniors can have their social security payments directly deposited into their bank accounts as well as some income tax refunds.
- ✓ Several tax credits are available to Senior citizens.

**PLACES TO EAT A HOT MEAL & HAVE FUN**Fellowship Center

4220 Apple Ave. **788-4783**

La Villita

1218 Ransom **722-7320**

McGraft

2204 Wickham Rd. **755-8453**

Jefferson Towers (Muskegon)

1077 Jefferson **722-6643**

Mission Area People

2500 Jefferson **739-8446**

Smith Ryerson

550 Wood St. **722-7494**

Christian Community Center

540 Hackley Ave. **722-7570**

Johnson Hall  
1509 Holton Rd.

**744-8613**

**FOR FURTHER INFORMATION:**

Michigan Peer Review Organization  
www.mpro.com

**(800) 365-5899**

Services for Seniors

**(877) 633-0331**

Muskegon County Family Independence Agency  
2700 Baker St.

**733-3700**

Senior Resources / An Area Agency on Aging

255 W. Sherman Blvd

**739-5858**

Legal Hotline for Older Michiganians  
**(800) 347-5297**

Social Security Administration

*2585 Barclay Ave*

**759-2525**

Nutritional Services for Older Americans

**725-0044**

Older Adult Support Intervention Specialist

**726-2747**

Visiting Nurses

**726-5025**

24 Hour Protective Services Hotline for Adults

**(800) 996-6228**

**Foster Grandparent Program (FGP)**

This program offers low-income men and women aged 60 and older the opportunity to provide companionship and guidance to children with special and exceptional needs. These volunteers serve 20 hours per week and in return receive a tax-free stipend to cover the cost of volunteering, accident and liability insurance, assistance with transportation, an annual physical exam, training, and a meal on service days. For more information, contact the Catholic Human Development Outreach at **722-1139**.

**Senior Companion Program (SCP)**

This program offers low-income men and women aged 60 and older the opportunity to provide individualized care and assistance to other adults, especially seniors living at home or in institutions. Companions serve 20 hours per week and in return receive a tax-free stipend to cover the cost of volunteering, accident and liability insurance, assistance with transportation, an annual physical exam, training, and a meal on service days. For more information, contact the Catholic Human Development Outreach at **722-1139**.

**HEALTH CARE**

Good health maintenance and preservation is one of the most important factors contributing to the well being of senior citizens.

**Medicare/Medicaid Assistance Program (MMAP)**

MMAP is a program for Medicare beneficiaries and their families when they need help understanding eligibility, enrollment, coverage, insurance, etc. Further information can be obtained by calling **(800) 803-7174**.

**Michigan Emergency Pharmaceutical Program for Senior's (MEPPS)**

MEPPS provides assistance to adults 65 and older who need help with prescription drug costs. For information about how and where to apply for this assistance, contact Senior Resources at **739-5858**.

**Blue Cross Blue Shield (BCBS) of Michigan Senior Help Line**

The Senior Help Line provides community referrals for older adults in Michigan. You don't have to be a BCBS subscriber. For more information, call **(800) 327-9148**.

**United Way of Michigan**

United Way can refer callers to their local United Way organization to find health and human service organizations in their area. For more information, call **722-3134**.

**Care Management**

Care Management is a program that locates, mobilizes and manages a variety of home care and other services needed by persons 60 or older at risk of nursing home placement.

This program is to assist people to remain in their homes with the help of family and community resources. For more information and eligibility, contact Senior Resources at **739-5858**.

### **AT&T Special Needs Center for the Disabled**

The AT&T Special Needs Center for the Disabled provides assistance with repairing telephone equipment used by persons with a hearing impairment. Center Staff will try to resolve the problem over the phone or will provide referrals for repairs if necessary. Callers can also receive information about purchasing or leasing equipment. TDD service is also available. For more information call **(800) 233-1122**.

### **Hospice Link**

Hospice Link is a service, which provides information and referral services to callers. Hospice care is given to patients diagnosed with terminal illness and limited life expectancy, focusing on comfort and quality of life. Most services are provided in the patient's home and use a team of doctors, nurses, social workers, and spiritual and bereavement counselors. For more information call **(800) 331-1620**.

### **Respite Care**

Many of today's seniors participate in programs, which provide respite to caregivers as well as assistance to adults living alone. The goals of an adult foster care program include promoting the individual's maximum level of independence, rehabilitation, socialization, and peer interaction. It also provides caregivers with a needed break to manage their own affairs and to have their own private time. For more information, contact the Michigan Association of Adult Day Care Centers at **(877) 362-2322**.

### **Nursing Homes**

For information about nursing homes and other long-term care facilities, certification can be obtained by calling **(517) 334-8404** (the Michigan Department of Consumer and Industry Services' Division of Health Facility Licensing and Certification, Bureau of Health Systems). Those wishing to know which nursing homes accept Medicaid patients may contact the county Family Independence Agency at **733-3700**.

### **National Eye Care Project**

For U.S. citizens ages 65 and older without means to receive needed eye care call **(800) 222-3937** for more information.

### **Dental Services**

There are programs that provide free and low-cost dental care to persons in need of extensive dental care and are unable to afford it. For more information call Donated Dental Services (DDS) at **(800) 255-7543** or the Michigan Dental Association at **(800) 589-2632**.

**Food Stamps**

Many senior citizens are eligible for food stamps, which help low-income households buy proper food for good health. For more information on food stamps contact the Muskegon County Family Independence Agency at **733-3700**.

**Food Bank Council of Michigan**

The Food Bank Council can help callers locate local food banks or food pantries. For more information, call **(517) 485-1202**.

**HOUSING**

Although most Michigan seniors own their homes, maintenance of the home, both physically and financially, presents a challenge that increases, as the senior grows older.

**Home Repair**

To help with home repairs, loan and grant funds are available from a number of sources. For up-to-date knowledge on a wide range of housing options and resources in your community, please contact the “shelter advisor” of Senior Resources at **739-5858**.

**Emergency Repairs**

From electrical hazards to leaking roofs, the Community and Neighborhood Services of the City of Muskegon provides emergency assistance to residents in emergency situations. For more information call **724-6717**.

**Property Improvement Program loan (PIP)**

The PIP is a low interest rate loan program to help you maintain or improve your home or rental property. This program was established to provide decent, sound, safe and sanitary housing for eligible residents of the State of Michigan. For more information and qualifications call MSHDA at **(517) 373-1974**. The Muskegon Area Banks, which participate in this program, are Hunting National Bank **(616) 235-8826** and Republic Bank **(800) 772-5542**.

**Senior Housing**

When routine maintenance of a home becomes too much for seniors, there is another option that provides the privacy of their home, and independence with simplicity. For more information on Senior Housing facilities, contact Senior Resources Information & Assistance Representative at **739-5858**.

**FINANCES**

Many seniors live on fixed incomes that may or may not be enough to survive comfortably. There are many State funded programs available that offer seniors financial support.